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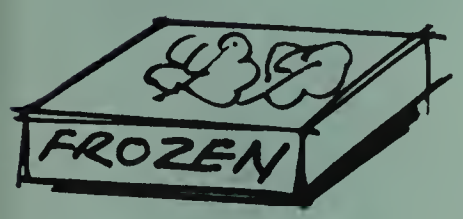
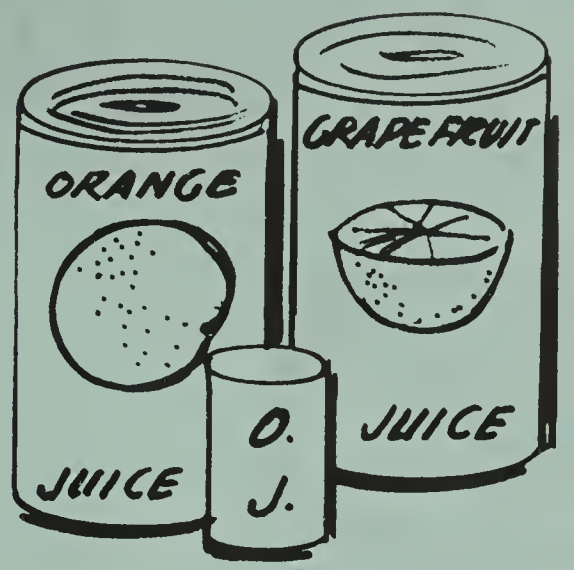
FRUITS and VEGETABLES FOR VITAMIN C

a good choice for the thrifty family

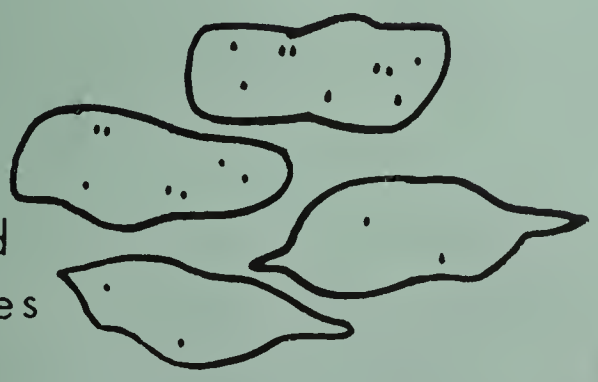
These Vitamin C foods are almost always good buys

Dark Leafy Greens





Canned or Frozen



Potatoes and Sweetpotatoes

Cabbage

EAT ONE OR MORE VITAMIN C FOODS EVERY DAY

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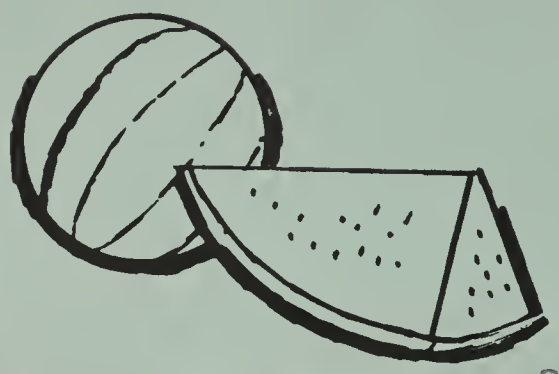
U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service

Some Vitamin C foods are Good Buys at certain times of the year



Cantaloup and Watermelon

Strawberries

Broccoli

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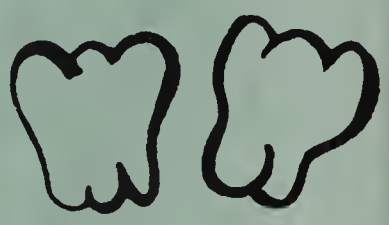
Cauliflower

Buy These Foods When They are Low in Cost

Brussels Sprouts

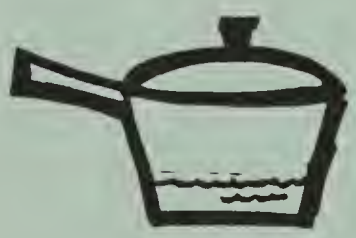


Red and Green Peppers

Oranges, Grapefruit and other Citrus Fruits and Tomatoes

Asparagus

OVERCOOKING DESTROYS VITAMIN C



covered pan
little water

Watch the Cooking Time

Serve at once!

Green vegetables should be cooked just 'til tender!

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